

PE - Fitness  
Swans - Yr 6

Enquiry Questions

*Can I develop an awareness of what my body is able to do?*

*Can I develop speed and stamina?*

*Can I develop strength using my own body weight?*

*Can I develop co-ordination through skipping?*

*Can I perform actions that develop agility?*

*Can I perform actions that develop agility?*

Vocabulary

*agility  
balance  
generate force  
continuous co-ordination  
technique control  
strength  
stamina  
component  
speed  
power  
analyse  
measure  
record*

National Curriculum Links

*Pupils should develop an understanding of how to improve in different physical activities and learn how to evaluate and recognise their own success.*

*Pupils should be taught to develop flexibility, strength, technique, control and balance.*

*Pupils should be taught to compare their performances with previous ones and demonstrate improvement to achieve their personal best.*

Questions to Consider...

*How does exercise affect our body?*

*Can you describe what happens in your body when you warm up?*

*Can you identify other activities that can increase stamina, strength, agility and flexibility?*

*What muscles can you feel working during the different activities you do?*

*PE Value for the half term : Equality & Diversity and Resilience*